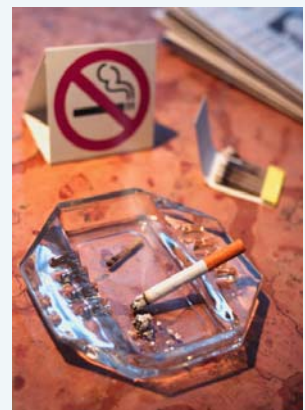


THE TENNESSEE TOBACCO QUITLINE OFFERS HELP FOR TOBACCO USERS

Quitting smoking or other tobacco products is hard. Most people make several attempts before they finally kick the habit for good, six to eight tries is the average.

If you are ready to quit you can call the Tennessee Tobacco Quitline toll-free at **1-800-QUITNOW** or **1-800-784-8669** to receive free, individualized help over the telephone. If you or a family member use a TDD phone line because of hearing impairment, call **1-877-559-3816**. All calls are completely confidential. This service is available to you and your entire family. You will receive one-on-one assistance from a trained tobacco quit coach, Monday-Friday, 7 a.m.-10 p.m., Saturday 9 a.m.-6 p.m. and Sunday 10 a.m.-4 p.m. CST. Services are available in English and Spanish to cigarette, spit or chew tobacco users.

The Tennessee Tobacco Quitline offers confidentiality, social support, flexible hours and free counseling. They eliminate issues like child care and transportation that can interfere with attending smoking cessation classes and other support programs.



If you're ready to kick the tobacco habit, help is just a call away.